1	Claims
2	1. Assembly for sealing and centering a piston rod (3)
3	at its point of penetration in a two-cylinder dashpot or two-
4	cylinder telescoping leg, whereby the assembly seals and centers
5	it as the piston rod travels into and out of the dashpot and is
6	provided with at least one seal (13) outside the dashpot, toward
7	the inside with at least one piston-rod sealing ring (7), and
8	with at least one channel between them extending into a gas-
9	accommodating space (19) left between the dashpot's outer
10	cylinder (1) and its inner cylinder (2) and whereby the gas
11	channel is provided with a checkvalve, characterized in that the
12	gas channel upstream of the gas-accommodating space is provided
13	with a flow-controlling diaphragm (22)
14	
15	2. Assembly as in Claim 1, characterized in that the
16	checkvalve constitutes a seal provided with a lip.
17	
18	3. Assembly as in as 1 or 2, characterized in that the
19	diaphragm is a bore.
20	
21	4. Assembly as in Claim 1 or 2, characterized in that
22	the lipped seal is itself a sealing lip (17) integrated into an
23	elastically tensioned ring with a more or less circular wall
24	cross-section and in that the diaphragm comprises one (22) or
25	more depressions in a seat below the elastically tensioned ring.